



Food for People

The Food Bank for Humboldt County

FOOD NOTES

Newsletter

VOLUNTEER OPPORTUNITIES

NUTRITION & WELLNESS

STAMP OUT HUNGER

FARM BILL INFORMATION

FREE CHILDREN'S LUNCH

LOCAL STORE FRESH



www.foodforpeople.org

707-445-3166

EUREKA CA 95501

807 West 14th Street



Mobile Produce Pantry Delivering Fresh Produce Countywide



Food for People's Mobile Produce Pantry sets up free produce stands at 11 sites countywide on a monthly basis, including rural areas like Orick, Orleans, Weitchpec, and Hoopa. In many of these communities, the ability to easily access healthy, nutritious produce is either cost prohibitive or a transportation challenge. Generous community support, along with funding from the Department of Health and Human Services (DHHS), has helped this program grow and thrive. Today, we distribute a wide variety of seasonal fruits and vegetables that have fluctuated

who are able to eat healthy produce from our Mobile Produce Pantry. In addition, Food for People Outreach staff offer CalFresh application assistance, and the Humboldt County DHHS Mobile Outreach Vehicle is usually onsite, providing an array of county services.

"Some of the communities we serve are 'food deserts', with the nearest grocery store being a lengthy drive," said Mike Seeber, Mobile Produce Pantry Coordinator at Food for People. "The Mobile Produce Pantry is a nutritional life-link for

Pantry operations, loading and driving our refrigerated truck full of fresh fruits and vegetables and setting up the farmstand-style distributions. In the next few months, he will be handing out a wide variety of fruits and vegetables including spinach, radishes, artichokes, strawberries, kale, and much more. With both common and not so common produce available, our Nutrition Education Coordinator Matt Drummond offers taste tests of recipes that are easy and delicious to recreate using seasonal produce at many of our monthly distribution sites.

that do not have access to farmers' markets or fresh produce," Drummond said. *"I love providing samples that challenge our clients to use their produce in new and inventive ways. There's nothing better than giving away fresh local produce to grateful people throughout the county."*

We regularly hear from program participants in these communities that the Mobile Produce Pantry is the **ONLY** option they have for fresh produce, and they depend greatly on the monthly distributions to survive. Kids get especially excited about

Notes from the Director

Some Perspective...

Food for People recently had the distinct honor and privilege of partnering with Arcata House Partnership and the Arcata Playhouse on the presentation of "A Woman's Place is in her Home," an original play about the lives of local women who have experienced homelessness. It was an extremely emotional experience that took me by surprise and made me question my own reactions and assumptions about people who are homeless. It also reminded me that each one of us has a story that is seldom obvious at first glance.

Jacqueline Dandeneau, Tammy Rae Scott, and Ali Freedlund spent a year doing research and interviewing women who are currently homeless or had recently been homeless here in Humboldt County, weaving their stories together for the final presentation. The arts can be a powerful tool for lifting up the issues our communities face and helping us see them in a new way. That's what "A Woman's Place is in her Home" did for the audiences that attended the three, sold out performances. There were standing ovations and many tears at the end of

The individual stories were raw, but told with honesty, compassion and integrity. The actors included several women who were telling their own stories or the story of another cast member.

The point that was so artfully driven home is that it can be all too easy for us to judge someone for their circumstances, and as soon as we see them as "the other" we become even further removed from any sense of responsibility to help advocate for change. The "othering" is what most concerns me right now. The ever widening income gap, and politicians' focus on slashing funding for essential safety net services that help keep people housed and fed, seems to be based on the premise that if you are struggling financially, it's all your fault. If we give you a helping hand, you'll become dependent and lazy. That does not resonate with what we hear and see all around us.

The reality is that the vast majority of U.S. households do not have sufficient savings (even as little as \$500 to \$2,000) to deal with an unexpected event such as the loss of a job, a medical emergency, major car repairs, loss of a spouse, or other family issues. It

but that's where they landed when that trigger event happened. And those are the stories we hear from people coming to the food bank for assistance. They need a little help and they need to know someone cares. One of the stories in the play that took the audience's breath away was of a 77-year-old woman with a Master's degree in social work, who almost froze to death in her wheelchair under the Giuntoli Bridge in Arcata this winter. She had lost her husband, and then went through a series of challenges that left her homeless – something she never in a million years had imagined would happen to her. Fortunately, an outreach worker from Arcata House who knew her grew concerned when the temperature dropped, and went looking for her. It took the hospital six hours to warm her up. She recovered and is now housed, thanks to their help. She is representative of the food bank's fastest growing demographic: seniors who are living on the edge financially and at increased risk for homelessness.

When people share their stories with us, it serves as a powerful reminder that there are many seniors



about how to pay for the basics; that many families are struggling with low paying jobs, poor credit, and a limited support network to help them out when times get tough; and that realities such as domestic violence or a family member's addiction can derail the future of an entire family unit. But it doesn't have to be fatal. A little bit of support and kindness at just the right time can help turn things around or at least stabilize the situation, which is how we all move one step closer to building stronger, healthier communities for everyone.

That's what Food for People tries to do every day. We listen,

You can make a difference!



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partners



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Call for Volunteers!

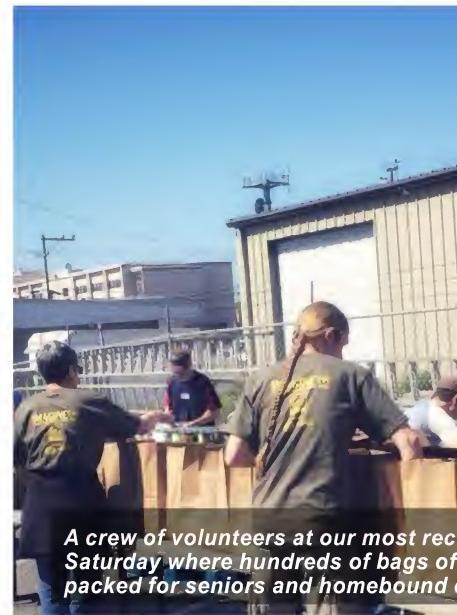
Volunteers are the heart of Food for People. It takes a community of volunteers to make our programs successful. In fact, last year our volunteers put in more than 27,000 hours sorting and distributing food, harvesting produce, interviewing and assisting clients, assisting with clerical tasks, and much, much more. That's equivalent to 17 full-time staff positions!

Volunteer shifts are generally three hours in length. New volunteers are asked to attend a one hour orientation that happens every Monday at 2pm.

Volunteers are most needed for the following:

- Warehouse operations - Shifts are available M-F from 9-4:30pm
- Second Saturdays - We need your help preparing bags of food for seniors and homebound clients from 10-1pm the second Saturday of each month
- Gleaning - help us harvest produce at local farms, orchards, and gardens
- Delivery drivers for our Homebound & Senior Brown Bag Program
- Free Produce Markets - May - Oct

For more information on volunteering, visit www.foodforpeople.org/volunteering. If you are interested in helping, contact Volunteer & Direct Services Manager, Philip Anzada at volunteer@foodforpeople.org or 707-445-3166 x 310. We hope to see you there!~



Nutrition Highlight

Spring Has Sprung! Let's Eat Local!



What's in Season?

Spinach - Carrots - Artichokes - Salad Greens - Strawberries - Radishes - Spring Onions - Garlic - Shallots - Turnips - New Potatoes - Kale - Chard - Fresh Herbs

Did you know that households receiving CalFresh can double their CalFresh dollars, up to 10 dollars, through the Market Match Program at Farmers' Market locations in Eureka, Arcata, McKinleyville, Willow Creek, Fortuna, and Garberville? Visit www.foodforpeople.org/humboldt-market-match or www.northcoastgrowersassociation.org for more information. In addition, Food for People's seasonal Free Produce Markets have begun and our Mobile Produce Pantry continues to bring fresh produce to rural areas of Humboldt County. It's a bountiful time of year for fresh produce, and Food for People's Nutrition Education Program is educating the community about cooking healthy meals on a tight budget at our distribution sites countywide.

SPRING RECIPE: Spinach Strawberry Salad

This simple salad takes just 10 minutes to prepare and is the perfect mix of savory and sweet. Bring it to a summer potluck or make it for lunch or dinner. If you can, buy farmers' market berries and greens for better flavor, texture, and higher nutrient content.

Ingredients:

1 ½ cups strawberries (thinly sliced)
4 cups of spinach
¼ cup sliced almonds or sunflower seeds
2 ounces of feta cheese (crumbled)

Dressing:

2 tablespoons olive oil
1 tablespoon balsamic vinegar
coarse salt and freshly ground pepper

Optional Ingredients: lemon juice, massaged kale, arugula, blueberries, apples

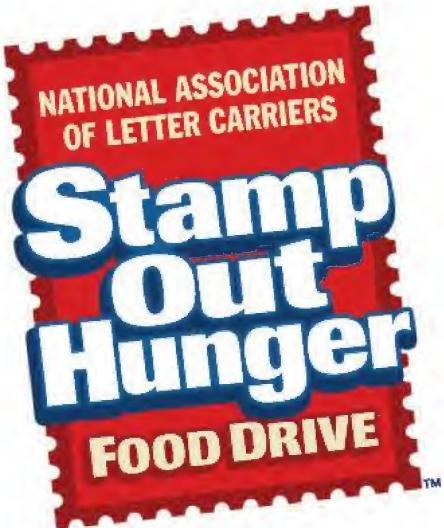
Locally Delicious Now in

For the ninth year in a row, Food for People is honored to manage the Locally Delicious Fund, which contracts with local farmers to grow nutrient-rich produce for our programs. The Fund was established in 2010 by the Heirloom Tomato Project, and is known simply as "The Tomatoes" or "Locally Delicious" by many. The Tomatoes are devoted to supporting local food production, as well as making fresh produce available to everyone. Each year, the Tomatoes contribute \$5,000 in matching funds to the Locally Delicious Fund, \$5,000 in matching funds to the North Coast Growers Association System, \$5,000 in matching funds to the North Coast Foundation, and individual contributions to the year's fundraising efforts. The Tomatoes also support the Locally Delicious Foundation.

The benefits to our clients are numerous. Through the Locally Delicious Fund, we are able to offer At the beginning of the growing season, we enter into a contract with local farmers to grow specific crops that will benefit our Senior and Homebound clients. We pay them up front to cover the costs of food production, with several long-established farms offering support for new ones. Supporting themselves in local agriculture and working with farms is a key component of the Locally Delicious Fund. The largest benefit seen through the increased nutritional value of the food – one of the largest, fastest-growing populations we serve are our Homebound Deliveries, who are often permanent or temporary residents and very challenging to leave home without food.

When living on a fixed income, getting fresh vegetables can be difficult, especially if you live outside of the county or difficult to access. The Locally Delicious Food Fund helps our community's seniors and individuals access nutritious food year round. ☺

"I find the program helpful for the food I receive. I learned to cook new recipes."
- a Food for People Client



Another Successful Year for

Saturday, May 12 marked the 26th annual Letter Carriers' Food Drive (LCFD), a nationwide event in which the National Association of Letter Carriers (NALC) hosts a nation-wide food drive to "Stamp Out Hunger," in partnership with local food pantries and food banks. Letter carriers pick up food donations from homes on their routes and deliver it to food banks or food pantries in their local community. This year, our generous community donated tens of thousands of pounds of food. This typically represents one quarter of the food we distribute yearly.

Fred (pictured at the right), a local letter carrier who has delivered food to us through this food drive for all 26 years, had the first delivery of the day, bringing in a truckload full of donated food to our Eureka warehouse. He let us know how great he feels delivering local donations and how much fun he has during the day. Even though it's a lot of work, he said it's always worth the effort.

Many other letter carriers feel the same way. One letter carrier enlisted her two young granddaughters and husband to help deliver food to one of our drop-off locations at Humboldt Hill. They eagerly transported her overflow of donated groceries in their SUV and quickly filled up our cargo van, which helped transport all the donations from Humboldt Hill to the food bank.

"Almost all food banks get their donations during the holidays, when giving is on people's minds. So when May rolls around, almost all food pantries start to run dry," said Suzanne "Bones" Stafford, letter carrier union representative for Arcata. "Food banks also see a surge in need at this same point in the year, as the school year - and its lunch programs - come to an end. That's why the National Association of Letter Carriers chose May for the "Stamp Out Hunger" food drive. This is THE biggest single-day food drive in the U.S., and the more we can collect, the better off Humboldt County's food pantries will be heading into the lean summer months."

In Humboldt County, the food drive has collected an average of 45,000 pounds of food countywide each year and plays an important role in supplementing the food distributed by Food for People's pantries and hunger-relief programs. Many of the pantries have already dispensed the food which was donated during the holidays. Food collected during the LCFD is critical in providing assistance for low-income families during the summer months when school children are without the meal assistance provided during the school year and struggling families are in need of help.

The day's success was also thanks to an army of dedicated volunteers - more than 80 people - who volunteered 240+ hours of time during the food drive! A sense of camaraderie, joy, and fortitude carried throughout the day.



Thank you to

ual Letter Carriers' "Stamp Out Hunger" Food



grandmother Gail was a Food for People, and he's followed by a group of students, parents, and staff from Rivers Montessori school, the chosen drop-off location. The children were seriously, enthusiastically participating in the Arcata letter carriers' massive food drive, filling boxes that will stock the shelves for months to come.

"This was my first time participating in a Food for People, and I was so impressed by the enthusiasm of the letter carriers, the Food for People staff, and community members," says an Arcata resident. "As a former letter carrier, it's great to give back in a meaningful way. I am definitely volunteering again next year for food drives and as needed."

We are deeply thankful to the letter carriers, and generous community members, that made this food drive a success. A special thanks to the representatives of the National Letter Carriers Union—Suzanne and Dustin Roberson, who were here helping to coordinate letter carriers. We could not do our ongoing support and outreach without all of these wonderful people.

We would like to thank Tree Realty, Bear River Marketplace, and Coastline Liquors for generously sponsoring the food drive. Thanks also to the numerous businesses that supported the food drive by using their facilities as remote drop-off locations, including Murphy's Marketplace, Bear River Marketplace, Club Market, Coldwell Banker, Pan Arts Network/Pan Diner, and Old Town Coffee & Chocolate. Thanks to the bakers of Humboldt Pie, Angelo's Pizzeria, Murphy's, Smug's Pizza, and Pete's Pizza at The Jam. Thank you to all the delicious food that energized the volunteers on this busy day!

For more information about the food drive, please contact Food for People's Food Drive Coordinator Sierra Leash at sleash@foodforpeople.org.

Potential Farm Bill Impacts for Local Food Insecuri

The Farm Bill is the giant piece of federal legislation responsible for our nation's food and agriculture policies. Of particular concern for food banks and anti-hunger organizations is the Nutrition Title, which sets funding and regulations for critical nutrition assistance programs like the Supplemental Nutrition Assistance Program (SNAP), known as CalFresh in California. The current Farm Bill is set to expire on September 30, 2018. As Congress works to draft the next Farm Bill, advocates are working to protect SNAP from funding cuts and changes in eligibility that will cause people to lose these crucial benefits.

Agricultural committees in the House and Senate draft separate versions of the Farm Bill, which then move to their respective chamber floor for a full vote. Once each chamber passes a Farm Bill, the two versions are then reconciled and sent to the President for approval or veto. The House Agricultural Committee released its version of the Farm Bill, and the proposed changes to SNAP would take much needed nutrition assistance from millions of Americans. These proposals are framed as a pathway out of poverty by

states that stricter work requirements would result in SNAP being cut by \$9 billion over a decade, while it would cost \$7.6 billion to administer mandatory state education and training programs. Anti-hunger advocates are concerned these changes will push people, including people in Humboldt County, further into poverty.

The 1996 Welfare Reform Act created a category of adult between the ages of 18 and 49 that would be restricted to receiving no more than three months of Food Stamps (now SNAP) in a 72 month time period unless they could provide proof that they are working or participating in an approved employment or training program for at least 20 hours each week. The draft House Farm Bill expands work requirements of this population to include caretakers of children over six and people between the ages of 50 to 59; establishes tighter time frames for participants to find work or job training programs; and imposes more severe penalties for those who are unable to do so. This proposal would significantly impact and harm persons with disabilities, children, and women.

Individuals with

intervention. Adults receiving disability benefits would likely be automatically exempt from the proposed expanded work requirements, but many people with disabilities do not receive disability income. If they did not successfully navigate a difficult exemption process or meet the required hours, then they would lose their nutrition assistance. Those that are exempt would have to understand that they are exempt and then gather documentation from medical providers, which might be particularly difficult for those who lack health insurance, have trouble finding a provider, or have mental health conditions that make this challenging.

CBO estimated \$900 million would be needed for additional administrative costs associated with this tracking. Because SNAP administrative costs are reimbursed at a 50 percent matching rate, the total additional administrative costs, including state costs, would total \$1.8 billion.

Parents subject to the requirements would have to submit documentation each month. Any clerical mistake, by the parent

would increase families' paperwork burden and eliminate state efforts to streamline administration. Many with caregiving responsibilities may not be exempt under the bill's strict standard that the person needing care must be "incapacitated." Parents whose children have high-risk asthma or diabetes, for example, might not qualify. Mothers with children who have serious health conditions often have to take time off work to care for their children. Rigid work requirements, and new demands to document their caregiving obligations, will make it even harder. Some caregivers might be exempt from the work requirements but not know they are exempt. Some may not be able to supply adequate documentation. With any step of this process the family could lose CalFresh and have less food or none at all.

The other proposal of concern is the removal of categorical eligibility for CalFresh, which has been successful at helping families get back on their feet. It essentially stopped penalizing families for working their way toward self-sufficiency. According to California Food Policy Advocates, categorical eligibility is used to help low-

Launch of 21st Annual Season of our Children's Summer Lunch Program

Summer is right around the corner and we are once again gearing up for our Children's Summer Lunch Program. This summer will mark our 21st year providing free lunches to kids across Humboldt County, where more than 50 percent of school-aged children eat free or reduced-cost meals at school every day. Kids rely on those meals for nourishment, and their families count on them, particularly when it is tough to make ends meet.

The summer months are difficult on many working families in the area. For one thing, young children must be cared for during the day, adding daycare or summer camp costs to the family budget. Additionally, school meals are not provided during this time. Parents have to come up with extra money and time to provide at least five extra meals a week for each of their children. Unfortunately, sometimes the extra money required simply isn't there. Then there are families who don't have a home to go to. These are the unfortunate realities of life for some families in our community.

With support at our partner sites, we

families. We partner with Humboldt Senior Resource Center staff and volunteers who prepare hundreds of healthy, delicious lunches daily for the program Monday through Friday.

Humboldt Sponsors will cover the cost of milk, to ensure a balanced meal. Last summer we sponsored 21 sites at Boys and Girls Clubs, Parks and Recreation programs, and Family and Community Resource Centers, from McKinleyville to Fortuna and out to Willow Creek and Hoopa. Humboldt Transit Authority and UPS have been long-time partners, generously volunteering to transport lunches to

the sites farthest from Eureka. Thanks to these community partners, and all of you who support our work, it is possible for us to feed hungry children across the county during the summer months. ~

The Children's Summer Lunch program will run from June 18th to August 24th this year. Please visit www.foodforpeople.org for a list of sites in early June. If you have questions, would like to volunteer, or would like to give to the program, please contact Carrie Smith at 707-445-3166 x 309 or csmith@foodforpeople.org. Thank you!

Food for People's Child Nutrition Programs work to fill the meal gap for at-risk children on weekends during the summer when school-based assistance is unavailable.



Gleaning Update May 2018

As the ground dries and the weather warms, our local farmers and gardeners are hard at work planting and tending to the food that will support our community for the 2018 season. The start of the farm season also marks the start of Food for People's 2018 Gleaning season. Gleaning is a practice that originated in ancient times when farmers would leave a portion of their crops unharvested for people in need to access. Modern day gleaning involves collecting donations from local farms and farmers' markets, picking excess or unused produce directly from the field, and receiving donations from home gardens and orchards through our Plant a Row for the Hungry campaign. Food for People is grateful to have such wonderful relationships with our local agricultural and gardening community, and we're looking forward to another fun and productive year for our Gleaning Program.

Last year's gleaning efforts brought in more than 56,000 pounds of fresh fruits, vegetables, and meat from local farms, ranches, and home gardens to help feed our friends and neighbors in need. When budgets are tight, fresh fruits and vegetables are often some of the first food items to be sacrificed. This significantly decreases overall nutritional intake and can contribute to ongoing health problems. At the same time, some farms and gardens grow an overabundance of produce. Food for People's Gleaning Program addresses these issues by reducing food waste in the community while simultaneously ensuring that our clients have access to fresh, seasonal, nutrient-dense produce when they visit our pantries.

Did we see you at the 20th Annual Seed & Plant Exchange in March? Food for People was there giving away free seeds and promoting the Plant a Row for the Hungry (PAR for short) portion of our Gleaning program. Each year we ask our gardening community to consider planting a little extra in their gardens and share the excess bounty with the people we serve by donating it to Food for People or one of our local food pantries. In 2017, more than 24,000 pounds of food was donated from home gardens and orchards, significantly increasing our ability to distribute fresh fruits and vegetables to the people we serve. Some PAR supporters donate what they can't use themselves, while other supporters have dedicated entire portions of their gardens to grow crops that our pantry shoppers enjoy and need most. Whatever the contribution, we appreciate the hard work that has gone into its production, and it is thoroughly appreciated and enjoyed by local families who struggle to access fresh produce.

Along with our generous donors, volunteers are an absolutely vital part of Food for People's Gleaning Program. Volunteer gleaners allow us to cover more ground, collect more produce, and help ensure that we can respond to as many gleaning requests as possible. If you're interested in finding out more and getting involved with Food for People's Gleaning Program, just let us know. It's easy! We are always looking for new volunteers and donors, and here are some ways you can help:

- Plant an extra row of food in your garden.
- Harvest and donate extra produce in your garden to Food for People or to one of our 17 food pantries located throughout the county.
- Like our gleaning Facebook page at www.facebook.com/PARHumboldt to see photos and updates, or learn about volunteer harvest opportunities.
- Donate to a food pantry in your community. You can find more information here: <http://foodforpeople.org/programs/emergency-food-pantry-network>.
- Donate seeds, soil, or plant starts to Food for People, for households hoping to grow a backyard or container garden.
- Help us harvest local fruits and vegetables by volunteering to glean. ~



Eureka resident Ron Kuhne for Food for People.



Hard at work gleaning



Food Recovery Program & The North Coast Co-op's Sup

Many local grocery stores and food retailers donate "close to pull date" and overstocked food items to Food for People daily. Our Food Recovery Program brings in thousands of pounds of food each week that we distribute through our various programs. In fact, we receive nearly 500,000 pounds of food which represents approximately 25 percent of the total food collected and distributed annually. This not only reduces waste from being diverted into a landfill, which is an important environmental benefit for our county, but increases food security through food recovery efforts.

In addition, estimated savings to the businesses in collective garbage costs ranged from \$34,003 to \$39,092

per year. Tax credits for the donations are an added benefit to business donors. The value to Food for People is also significant. The value of donated food is established annually by Feeding America and is currently \$1.73/lb, which translates into food valued at \$878,307 (2015-2016) to \$754,160 (2016-2017) that we can make available through each of our programs, thanks to food recovery efforts.

The North Coast Co-op has been a long-standing supporter of ours. We receive produce and other food items daily from the Eureka location that we distribute in our Eureka Choice Pantry.

"Sharing healthy, organic and local food that might otherwise go to waste

is an important part of the Co-op's daily operations and our cooperative values," North Coast Co-op General Manager Melanie Bettenhausen said. ***"Donating food to community organizations like Food for People helps build a stronger, healthier community by filling a food security gap, as well as diverting food waste that would have been headed to the landfill."***

Not only does the Co-op donate food, but it also awarded Food for People a \$2,000 grant in December 2017 through their Cooperative Community Fund for "Reducing Waste and Increasing Food Security through Food Recovery." This grant money covers the fuel costs for our food

recovery driver, Frank Di Lorenzo, to pick up donated food items throughout Eureka. The immense generosity of the Co-op and other local businesses, coupled with the tremendous support of our community, enables Food for People to deliver on our mission to eliminate hunger and improve the health and well-being of our community through



Food for People's Driver Frank Di Lorenzo picking up food donations from the North Coast Co-op in Eureka.



Free Produce Markets in Humboldt

May – October 2018



Starting this month through mid-October, Food for People will host free seasonal farmers' market-style distributions at four locations monthly. This program is available thanks to partnerships with the California Association of Food Banks' Farm to Family program, California Emergency Foodlink's Donate Don't Dump program, and funding through St. Joseph's Health Care for the Poor grant that helps offset costs.

Farm to Family and Food Link supplies Food for People and other California food banks with fresh produce. With this support, we are able to host monthly, free outdoor produce markets at the food bank in Eureka, and sponsor sites in

Fortuna, Garberville, and Redway to ensure that all of our neighbors have equitable access to the nutritious, seasonal produce we all need for good health.

Want to get involved? We are seeking volunteers for our Free Produce Markets. Come and help us distribute produce to hundreds of families, children, and seniors. Volunteers set up and stock the market and help participants select from a wide variety of fresh items. It's a fun and rewarding way to spend a few hours getting to know fellow volunteers and helping local community members. Email us at volunteer@foodforpeople.org if you'd like to learn more or visit us at www.foodforpeople.org/volunteering.~

Tribute & Contrib

You can honor a friend or family member by making a donation to Food for People. Just add a notation to your gift. If you would like, we'll send a card to let them know about the donation. It is a great way to honor someone in the memory of someone who has passed.

In Honor Of

02/01/18 - 05/24/18

Allie Heemstra
Anne Fenimore
Anne Holcomb
Ari "Happy Birthday"
Betty Chinn
Dennis Brown
Diane Anderson
Jacque Kesinger
Mr. & Mrs. Jim Renner
John Bertain, Former Sec.
8 Housing Inspector
Lauren Sarabia
Mike Labolle & Kathey
Ryan
Paul & Cynthia Nicklas &
James & Linda Schultz
Peter Aronson
William Spencer



Food for People

The Food Bank for Humboldt County

Mission. Food for People is working to eliminate hunger and improve the health and well-being of our community through our food bank, meal programs, and other services.

Vision. We envision a community where everyone has access to good quality, nutritious food, understands the importance of healthy eating, and can make informed choices about their diet.

More. For more information on Food for People and our 18 countywide hunger relief programs or for ways you can help, call 707.442.9333 or visit www.foodforpeople.org.

A special th

Our newsletter is printed using soy inks. All print generated in the process of printing is sent directly to the paper mill for recycling.